

AVATAR:

Male

Age: 20-30

Body Type: Out of shape, lacking muscular definition

Expression: Unconfident, possibly looking down or avoiding eye contact

Clothing: Casual attire, perhaps loose-fitting to downplay body shape

2nd email in email sequence, the idea of the email is guru's discovery

Roadblocks: ignorance concerning workouts and diets, demotivated inconsistent

Dream state: Dreams of being fit with well-defined muscles, six-pack abs, and confidence.

- Wants to impress women, colleagues, and friends.
- Would feel proud and satisfied in their dream state.
- Secretly desires success with women and a healthy lifestyle.
- Desires confidence, a great physique, and energy

Subject: Shirtless Selfies, Daily Wins

Hey [NAME],

Envision a life where every excuse crumbles, and your true potential radiates like a beacon.

Have you ever wondered what's holding you back from achieving the extraordinary health and fitness you've silently yearned for? Spoiler: it's not your genetics.

Close your eyes and picture yourself with those six-packs, veins etched like a roadmap, and a posture that exudes confidence.

Imagine celebrating daily wins through shirtless photos, each snapshot a testament to your progress

Imagine the pride you have for yourself whenever you put your head to sleep.

But hold on – this isn't a distant dream. If you can visualize it, it's not just achievable; it's inevitable. No BS, just a reality waiting to be crafted, and I've lived it.

Are you tired of feeling embarrassed about belly fat, being too skinny, or those pesky men's boobs? Let's redefine these as relics of the past, not trophies.

And about women not knocking on your door? It's time to present your best self. Love the person in the mirror first, and watch the world follow suit.

I was there, I know that frustrating feeling of not getting what you want.

Luckily for you, this is changeable. The choice is yours and I am here for you, I've been through this sh*it.

I was once that skinny, rejected, sad and weak guy. But anger was my fuel. I made a difference in my life. Fast forward to now – 220k followers deep on Instagram, radiating confidence, and effortlessly capturing attention.

How? By mastering the keys to unlock my full potential.

No more excuses. I've got the knowledge, the strategies, and the experience to guide you. workout routines and diets customized for you. From weighting lifts to calisthenics drills, we will create a hybrid monster.

And because consistency is key, I will always be behind your head to motivate and guide you. You will not run in this solo.

Be ready to be unrecognized in less than 2 months.

The decision is yours, do you want to elevate or stay mediocre. Are you ready to face this brutal, no-excuse reality?

If you're not, no need to reply. But if you're willing to dive headfirst into the chaos, reply to this damn email, and let's unleash the beast within you.

To your transformation,

Mehdi